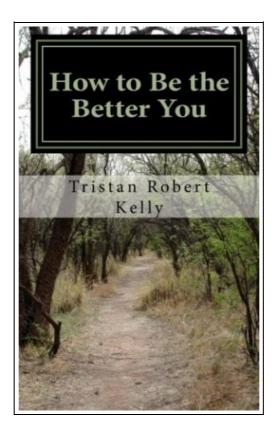
## How to Be the Better You: A Step-By-Step Guide to Positive and Lasting Change



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